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PEACHES FOR WINTER EATING

When peaches are plentiful and the price is right, many homemakers can the surplus for winter eating. And along in December the canned peaches are more than welcome as a breakfast fruit, in salads, and in all kinds of desserts.

"The quality of canned peaches depends largely on the quality of the fresh peaches used," explains _____, _____, _____.

(Name) (Institution) (Place)

"Canning does not improve the quality of the fruit, and only the very best peaches are suitable."

To make sure of the quality, look for peaches that are firm and ripe but not soft. Avoid those that are badly bruised, those with brown spots of decay, and those that are uneven in shape and have punctures made by worms. The pink blush which is found on many varieties of peaches tells little about the quality. But the rest of the color on the outside of the peach is very important. If this background color is green, the peach may ripen with a poor flavor or it may become shriveled. But the peach is a safe buy if this green color has changed to a yellow or whitish-yellow color.

Peaches are easy to can successfully, but they are likely to turn an unpleasing brown color if they are not handled correctly. The best way to avoid this brown discoloration is to heat the peaches in the syrup for 3 to 5 minutes and then pack them into the jars or cans while they are hot. Heating the peaches this way makes them pack better and cuts down the time needed to process them.

The water-bath method of processing peaches is more successful than the oven method. The oven method is slower, and the fruit may turn brown before it is heated through. Also, when peaches in glass jars are processed in the oven, the juice bubbles out, leaving the top peach "high and dry."

